



## My Art Club

Open to St Mary's students, My Art Club is a unique arts therapy workshop that provides opportunity for self-expression, emotional growth, collaboration, and fun.

### When:

- **Monday 19<sup>th</sup> May – Monday 30<sup>th</sup> May** ( except for Monday 9<sup>th</sup> June public holiday)
- Time: 3:30pm – 5:00pm (90 minutes)

### Where:

- Zen Zone, St Mary's main campus

### Cost:

- \$25 per session x 6 weeks (includes all art materials, students to bring their own afternoon snack), participants must register for all 6 sessions.

### To Register:

- Email Hywell on [myartclubhywell@gmail.com](mailto:myartclubhywell@gmail.com)
- For more information call Hywell on 0450 136 453
- Places are limited register early to secure a spot

# My Art Club

Unlock creativity and promote emotional well-being

## What My Art Club Offers:

- **Creative Exploration:** Engage in various art forms including drawing, sculpture, movement and play.
- **Emotional Expression:** Use art as a tool to express that which cannot be expressed in words, feelings, manage stress, develop self-regulation and coping, as well as build self-confidence.
- **Group Interaction:** Build connections and share experiences with peers in a collaborative setting.
- **Supportive Environment:** Each workshop fosters a safe and encouraging space.

